

Patient testimonials

"Springbank has given me an opportunity to grow, learn, laugh and challenge myself. Skilling me up to trust this new purposeful life with commitment"

"Springbank gives you hope and gives you the courage to carry on"

"Springbank gave me the opportunity to create my life, not predict it"

Referral process

If you are considering a referral to Springbank Ward, please follow the steps below to expedite the admission process.

All of the necessary forms can be found on our website: <https://www.cpft.nhs.uk/Springbank/>

Please complete the referral form on our website and send it to

CPFTSpringbankReferrals@cpft.nhs.uk

along with any other relevant documentation that may help us in assessing the referral (for example, care plans, risk assessments).

Please complete the funding agreement form on our website and forward this to:

cpm-tr.contractsteamapproval@nhs.net

Once the forms above have been completed, please call us on 01223 219484 to arrange an assessment. The patient will normally be assessed by the Consultant on the ward.

Job opportunities

We have a fantastic team and offer various training opportunities in order to promote career development including DBT training.

We are always looking for enthusiastic people who would like to join the team. There are a range of potential opportunities. Please contact our ward manager, Rabson Pulazi, at rabson.pulazi@cpft.nhs.uk to arrange a meeting.

Team details

Our Leadership Team:

Service Manager: Siobhan Buchan

Consultant: Dr Jorge Zimbron

Ward Manager: Rabson Pulazi

Clinical Nurse Specialist: Christine Fisher

Clinical Psychologist: Dr Amber Edwards

Occupational Therapist: Duncan Lewis

Contact us:

Springbank Ward
Fulbourn Hospital
Fulbourn
Cambridge
CB21 5EF

T 01223 219484 (Reception)

T 01223 219485/19486 (Nursing Office)

E CPFTSpringbankReferrals@cpft.nhs.uk

Patient Advice and Liaison Service (PALS)

If you have any concerns about any of CPFT's services, or would like more information please contact: Patient Advice and Liaison Service (PALS) on freephone 0800 376 0775 or e-mail pals@cpft.nhs.uk If you require this information in another format such as braille, large print or another language, please let us know.

Out-of-hours' service for CPFT service users

Please call NHS 111 for health advice and support.

HQ information

HQ Elizabeth House, Fulbourn Hospital,
Cambridge CB21 5EF.

T 01223 219400 F 01480 398501

CPFT supports **HeadtoToeCharity** – visit
www.cpft.nhs.uk/ourcharity for more details



Springbank Ward

Specialist Borderline Personality Disorder Unit

Recovery, Safety, Respect



Pride in our adults and
specialist services

A member of Cambridge University Health Partners

Welcome

Springbank is an inpatient recovery unit for people with a diagnosis of borderline personality disorder (BPD), struggling to cope with the demands of life outside of hospital, despite input from community psychiatric services. Our ward provides an environment offering 24 hour support with a strong recovery focus. Our aim is to help people improve their resilience against stress and improve their quality of life.

Our values

We believe that people with a diagnosis of BPD have an immense potential to improve their quality of life and learn new skills in the right environment. We work towards increasing hope and enable recovery, no matter how difficult the circumstances. Staff uphold the values of Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) as well as holding our own core values of Recovery, Respect and Safety.



Least restrictive practice

Springbank works on the premise that individuals cannot be forced to 'recover' and that independent desire and motivation is needed to engage in therapy. Springbank aims for service users to be admitted voluntarily and not be subject to detention under the MHA.

Springbank does not use enhanced observations to manage risk unless under extreme circumstances unrelated to the diagnosis of BPD. Enhanced observations to address chronic risk, removes the responsibility from the service user and promotes dependence on staff.

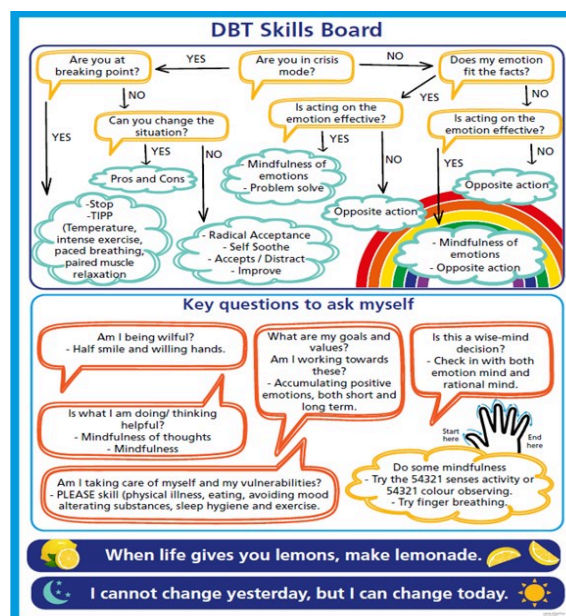
Nursing input

All service users will have an allocated primary nurse who will be responsible in coproducing an individualised care plan around the needs and goals of an individual and will work to ensure that these are actioned and developed. Nurses on Springbank aim to work in a holistic manner to ensure ongoing assessment of both physical and mental health needs as well as continuous monitoring and management of risk to uphold the least restrictive practice model, utilising a DBT approach through skills coaching to support this.

Dialectical Behavioural Therapy

The goal of DBT is to help people manage their difficult emotions by allowing them to experience, recognise and accept them whilst working to change any harmful behaviours.

Springbank offers a fully comprehensive DBT programme including one to one DBT sessions with a trained member of the MDT alongside weekly DBT skills groups, daily skills coaching and a weekly DBT consultation meeting.



Occupational Therapy

Occupational Therapy offers you a chance to identify the things that are important to you and build skills and resources to engage in these more independently and effectively.

Psychology

Psychological therapies are available to all patients on the ward. Therapy sessions offer a safe, supportive space to talk one-to-one with a psychologist. Together, you can explore your thoughts, emotions, and behaviours at a pace that feels comfortable, including how past experiences may be influencing life now. The focus is on understanding patterns, strengthening a sense of safety and control, and developing skills and coping strategies that support healing and help you move towards the life you want to live.

Ward programme

We offer a structured ward programme of therapeutic activities and evidence-based interventions. All our staff are trained to deliver therapeutic interventions and are chosen for their compassion and commitment to care for this patient group.

Admission criteria

Springbank will accept referrals for people between the ages of 18 and 65 years who:

- Have a primary diagnosis of emotionally unstable personality disorder.
- Are under the care of a psychiatric community team with an identified care coordinator and a responsible clinician.
- Have tried but failed to benefit from general acute and community psychiatric services.
- Are willing to be assessed for admission by the staff at Springbank.
- Have a permanent place of residence.
- Are able to identify goals they would like to work on whilst being an inpatient.
- Referrals are accepted for people, informal or detained under the Mental Health Act, from acute mental health/medical services, forensic or prison services, community and other NHS services.